



# The No-Diet Food Plan for Kids and Teens: Healthy Weight Loss for Kids

*Tina C. Layton RD*

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## **The No-Diet Food Plan for Kids and Teens: Healthy Weight Loss for Kids** Tina C. Layton RD

A self-help weight loss workbook for kids ages 12-16 years old. With a focus on body image, self confidence and healthy food choices this book will help kids be successful with reaching a healthy weight. Including worksheets, plans, sample food choices, snacks and ways to reach their goals.

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